DO WORRY AND DON’T WORRY

# RENA yud tes elul 5776/ september 21 2016

Rena started by saying that once she was with her grandmother and her grandmother told her: ”Rena, I am going to tell you the most important thing to remember in life”. Rena quickly ran to get a pen and paper to write it down. And these were her grandmother’s word: ‘Whenever you start to worry, say to yourself, “NO, NO” and this will help you to stop worrying and help you to think positive.’

Why do women worry so much? Rav Shimshon Pinkus zt’l explains it is because women have so much responsibility in their hands, Our ability to create change is mind boggling.

So are we supposed to worry? The answer is Yes and No.

She quoted from a sefer: ‘Ki Ha’gashmius bo b’yad Shomayim’ the physical comes from heaven, it is completely in Hashem’s hand-how much parnasa we make etc. And Ha’Ruchnius b’ydei Adaom’ and the spiritual matters are totally in a person’s hands.

The sefer goes on to explain, “in gashmiyus-‘Hatzlocho tolu ul erech ha’bitochon shel ha’adam’ The physical success is totally dependent on the level of bitochon(trust) a person has in Hashem.’ But in spiritual matters: ‘Al Tivtuchu Ba’Hashem’ –do not rely on Hashem.

So the answer to the question as to whether we should worry or not? For our physical needs, no point in worrying, we should only worry about our spiritual needs.

We can not tell others how much to worry or not. In the physical realm, from the point that their level of bitochon ends, is the point from where they have to start working. But in spiritual matters, you have to put in a lot of energy and effort and only then will you see success.

‘Worry’ is the wrong word. We need to be ‘fearful’, we need to be concerned about our middos, our tzinus, our avodas Hashem. We need to be ‘aware’ of where we are spiritually and where we want to go.But in the physical arena-in gashmiyus-we need not worry. We have Hashem. He is taking care of all our physical needs. And the best time to start differentiating between the gashmiyus and ruchinus is the month of Elul.

Rav Shimshon Pinkus zt’l explains what is the ‘avoda’ of the Aseres Yima Teshuva-one of fear. But from immedialy after Yom Kippur till after Sukkos-our avoda is one of ‘ahava’ love to Hashem. Everything about Sukkos shows this love.

What is the ‘avoda’ of Elul? “ani l’dodi and dodi li’ I am for my beloved and my beloved is to me. What does this mean? “Loving Hashem’. And through ‘loving Hashem’ in the month of Elul, it will prepare us to ‘fear Hashem’ during Rosh Hashona and the Aseres Yimai Teshuva. Rav Shimshon Pinkus zt’l explains that in Elul, we are grabbing hold of Hashem’s hand. He gave the following example: Once he had to try to cross a busy highway. The cards were coming by fast and furious, there was no way he could cross. He thought he would have to wait till 3:00 am till he would be able to cross. He thought to himself, but at 3 am maybe there won’t be so many cars whizzing by, but the cars on the road, definitely will not be able to see him.

This he says, is a similie to life. Life is rushing by us all the time. We think we know what to do, we think we are planning out our children’s lives-this child will do this, that child will do something else and then we see that Hashem had different plans for him.

Rav Shimshon Pinkus explains, when we were little , and we wanted to cross the street, what did we do? We asked a grown-up to help us cross. Either they checked both ways for us and told us it was safe to cross, or they held our hand and crossed us.

AND THIS IS EXACTLY WHAT WE NEED TO DO IN OUR LIVES. Grab hold of Hashem’s hand and let Hashem help us cross the street of life. And really says Rav Shimshon , this is what women through all the generations did-they constantly spoke to Hashem during the day and asked Hashem to help them and their families cross the highway of life i.e. help my husband when he speaks to his boss today; help my child in her test today; help my daughter get into the seminary of her choice etc. Even if we daven from a siddur, we should never forget that we can and should talk to Hashem throughout the day.

Don’t worry says Rena, if you are putting your efforts into your ruchnius. If you are devoted to Hashem, always looking to do more mitzvas, more chesed-are the books you read the proper books, is your clothing the type that Hashem would approve of etc?

The second way we need not worry-if we are holding onto Hashem’s hand. Rena quoted from a beautiful Piyut of Yom Kippur which says: ‘On a day that I am afraid Hashem, I will hold onto you Hashem; Hashem if you recall my sins, then I will run away from you (where will I run?) to you Hashem. If I need to hide from your anger Hashem (where will I hide) in your shadow Hashem.’

What is this piyut teaching us? That all the challenges we face in our life, are all brought to us by Hashem, but yet, if we hold onto his hand, he will surely help us overcome our challenges.

As Dovid Ha’Melech says repeatedly in Sefer Tehillim: Hashem, Shaul the King wants to kill me, my eldest son wants to kill me-but it is all good, Hashem, because I know that all this comes from you.

We have to realize the challenges we face are only given to us to help us grow spiritually and to help us get closer to Hashem. If we hold his hand, this will surely happen. We are not running away from Hashem, but rather we are running to Hashem.

In this month of Elul, this is the avoda. Hashem knows our concerns, he knows our challenges-he gave them to us-let us turn to him for help. Hashem is all knowledgeable. You can tell Hashem exactly how you feel-I am afraid; I am scared; I would love to daven better but right now I can’t concentrate.

Those that have full trust in Hashem, achieve a high level of serenity.

We can tell Hashem, that we totally trust in him, we don’t need any more scares to get closer to him. We need to constantly give Hashem hugs and kisses. Even on the holiest day of the year, on Yom Kippur, we have to remember that we are talking to our FATHER IN HEAVEN who loves us more than anyone else loves us. In this zchus, may we merit to have a shana tova u’musuka, a gut ge’bentched yor.